

SUCCESSFUL AGING: PRESCRIPTIONS AND PERSISTING PROBLEMS

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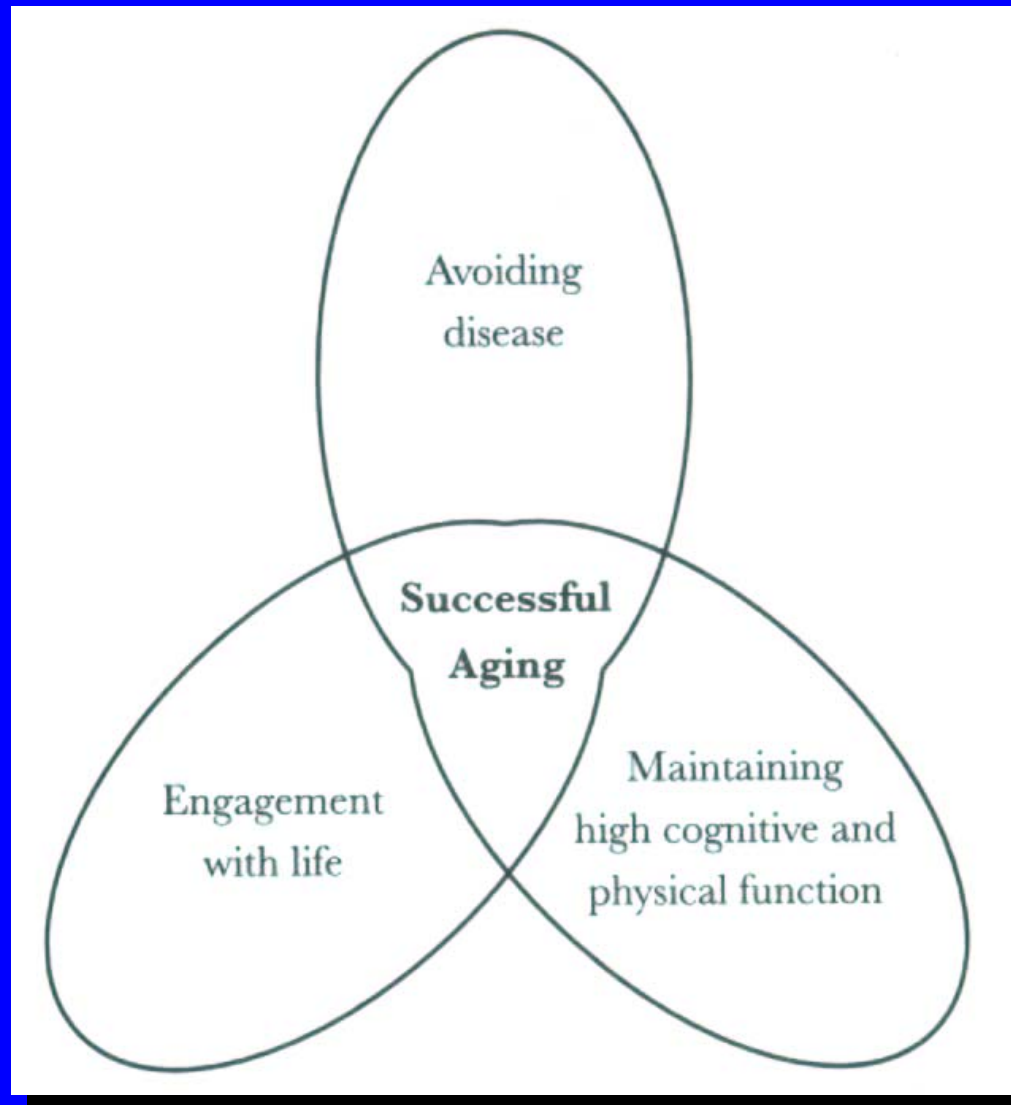
Successful Aging: Prescriptions and Persisting Problems

- **Introduction**
- **Prescriptions**
- **Persisting problems**
- **Some examples of “gap closing”**
- **Conclusion**

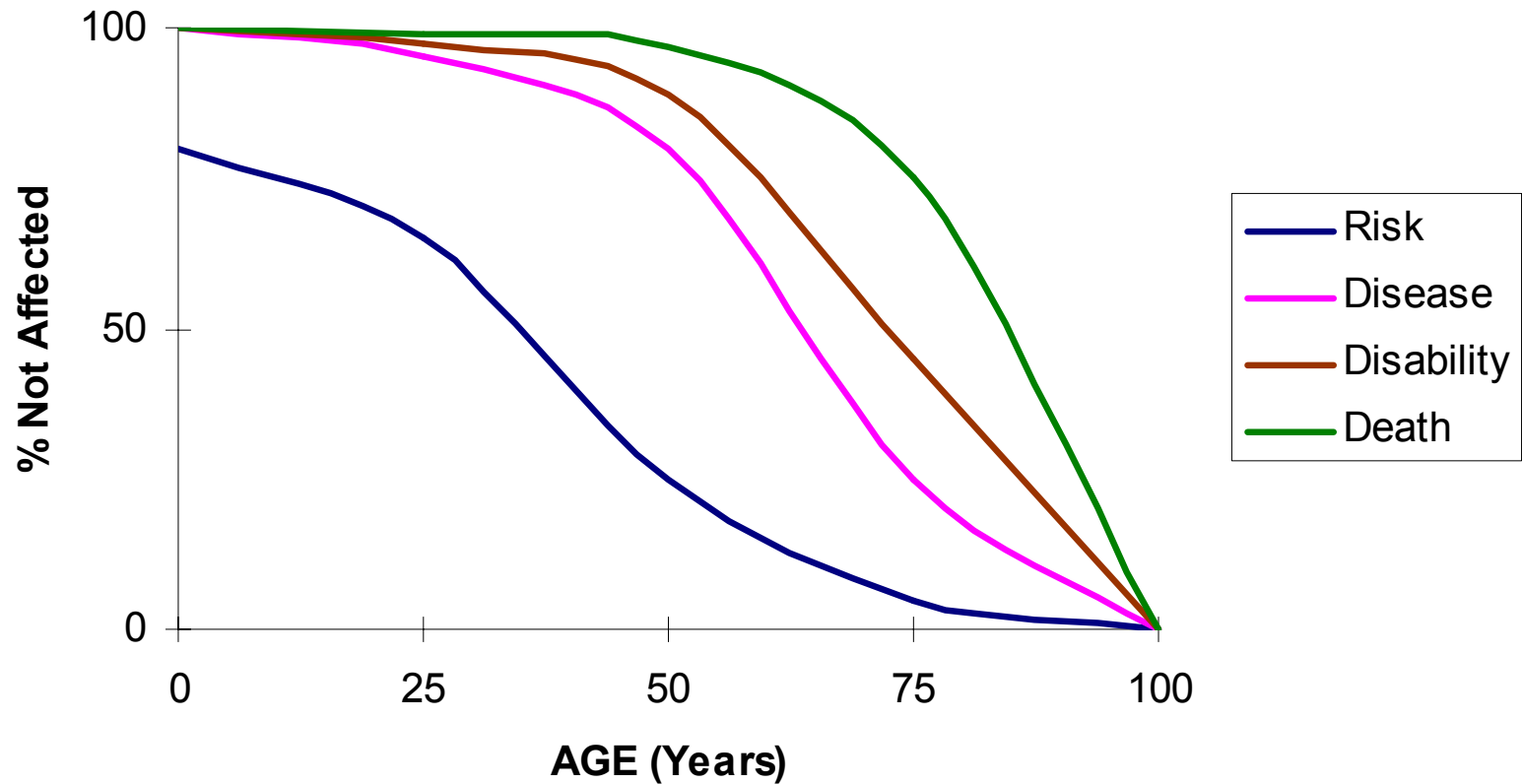
Successful Aging: Prescriptions and Persisting Problems

➤ Prescriptions

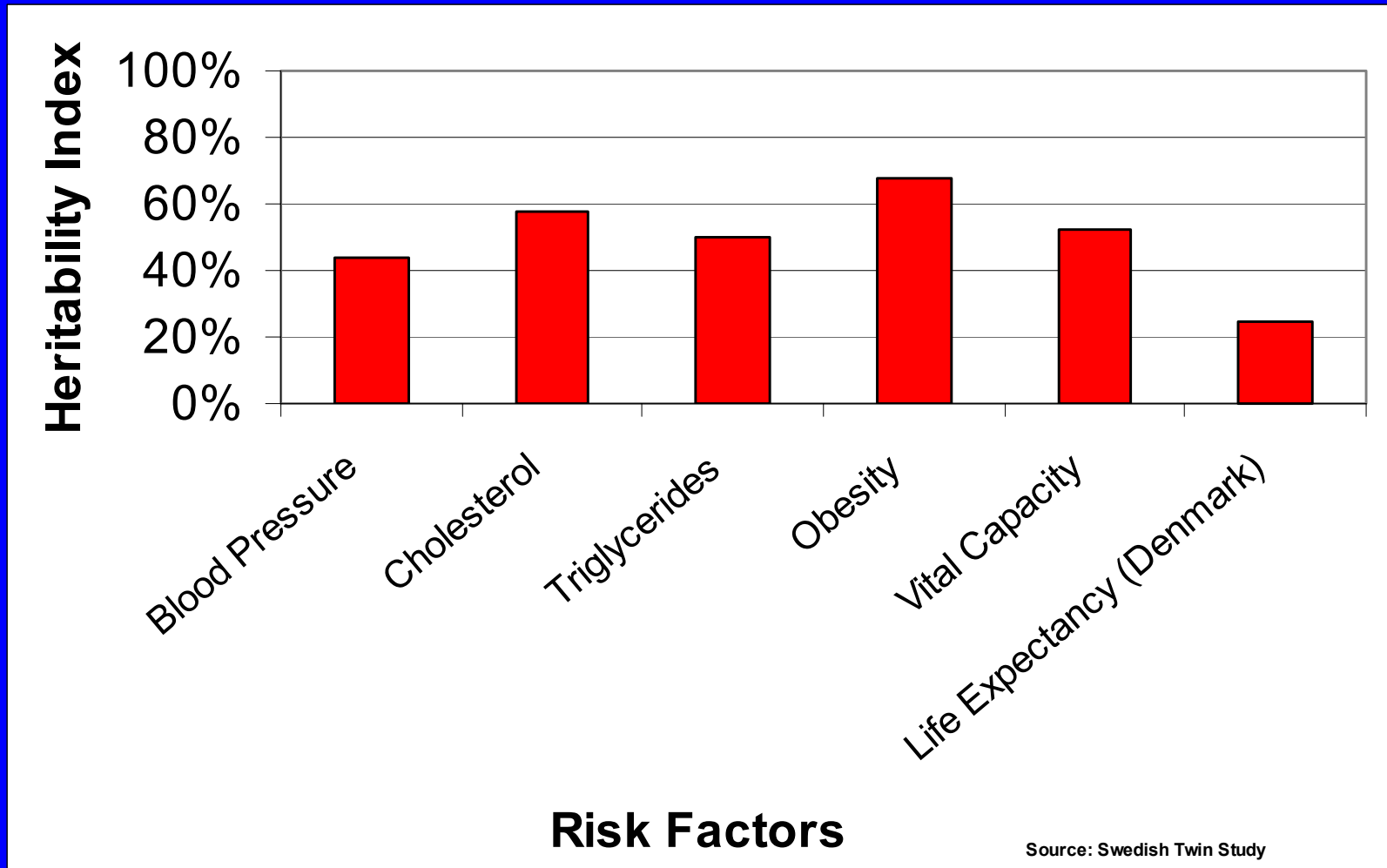
- What does it mean to age “successfully?”
- How is that different from “usual aging?”
- What enables a person to age successfully?
 1. Genes and inheritance
 2. Life style and life choices
 3. Environment and life chances



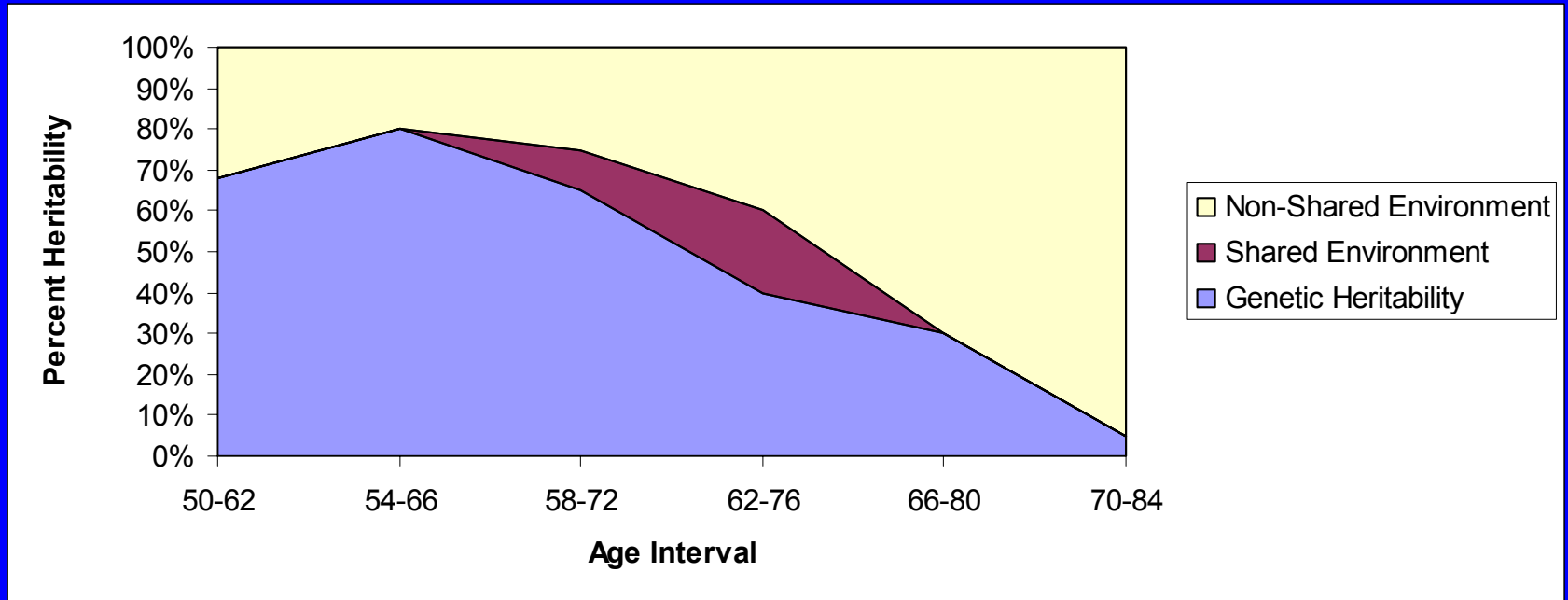
Structure of Successful Aging



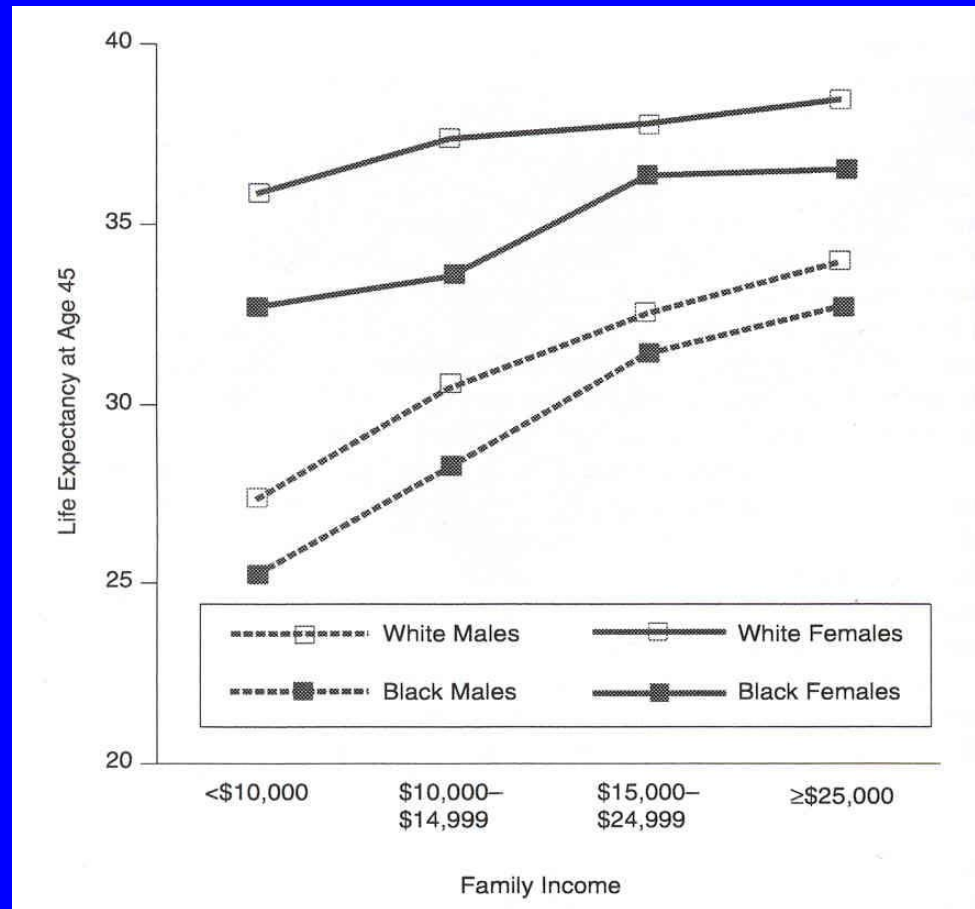
A Model for Risk Reduction



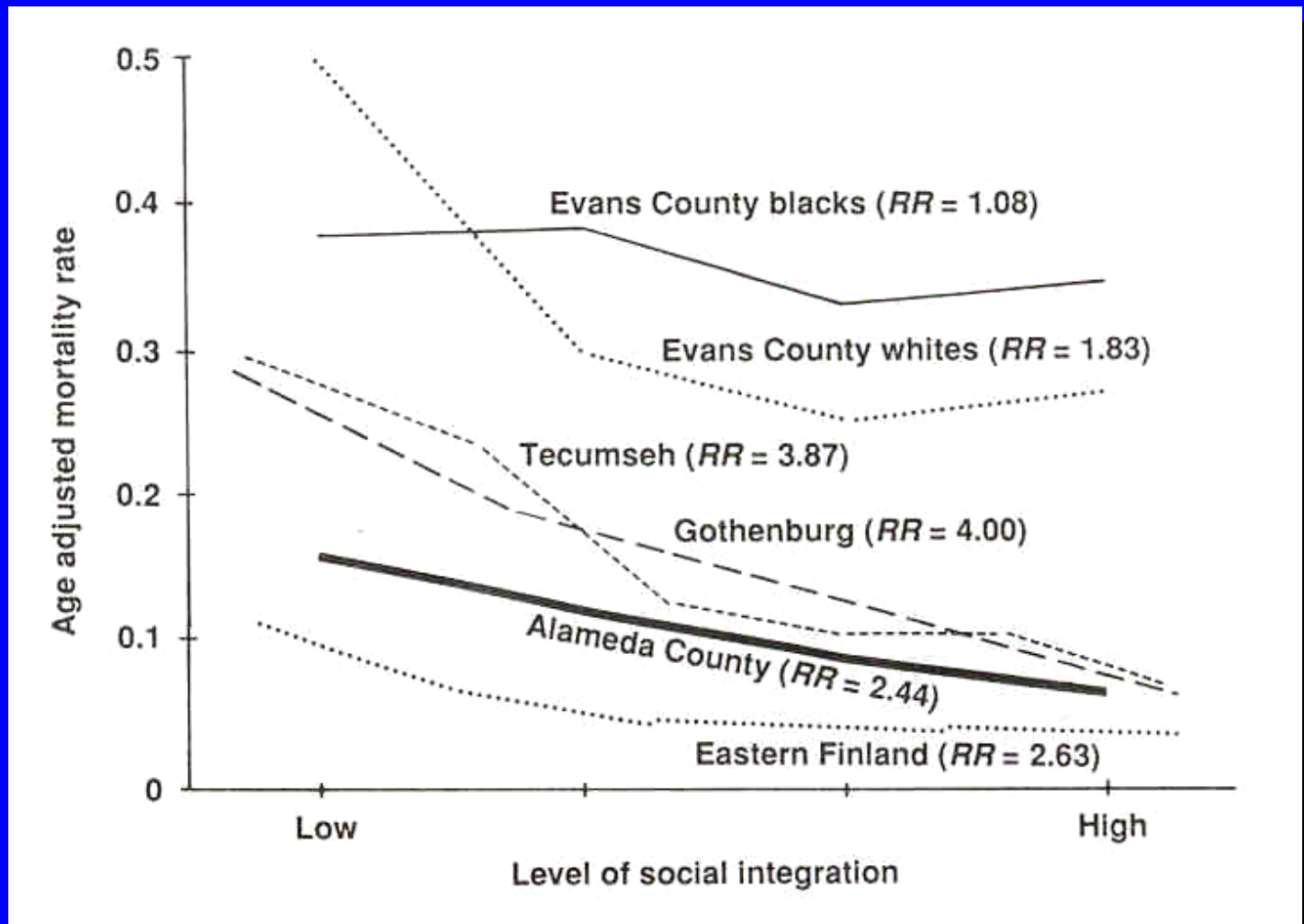
Heritability Indexes for Risk Factors



Serum Triglycerides: Heritability by Age



**Life Expectancy at Age 45
by Income, Race and Sex**

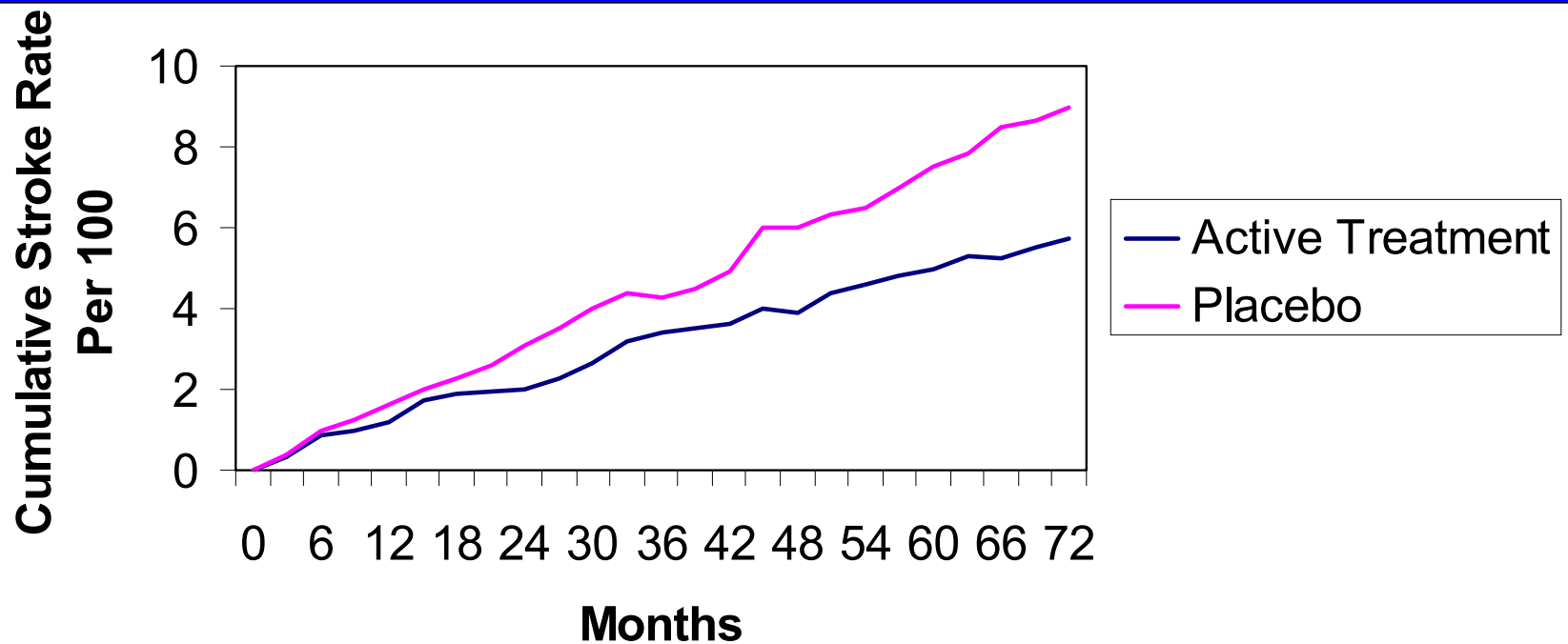


Social Connectedness and Longevity

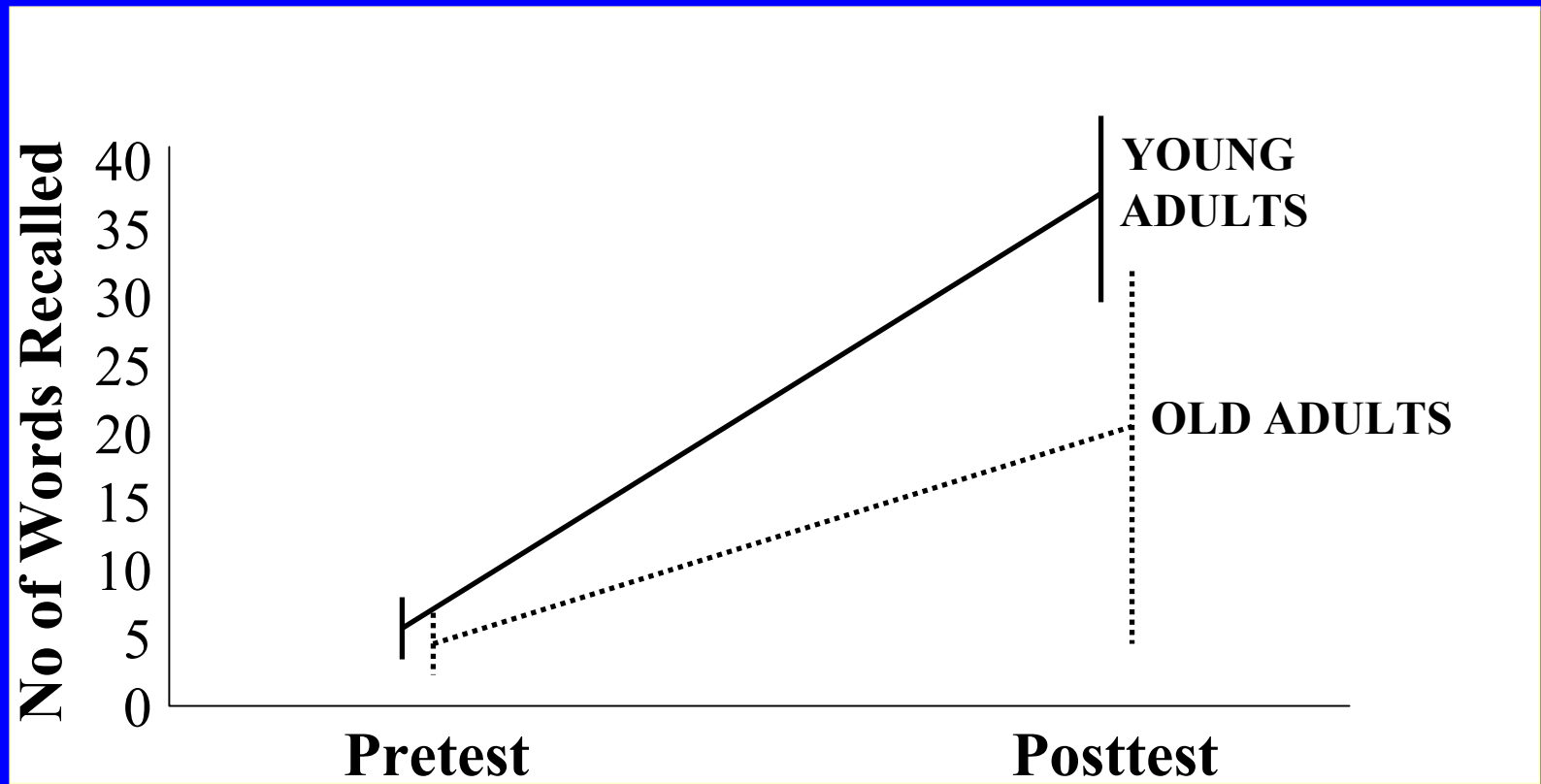
Successful Aging: Prescriptions and Persisting Problems

➤ Persisting problems

- Gap between what people know and what they do
- Gap between research data and public knowledge
- Gap between changed lives and unchanged policies:
the problem of structural lag
- Gap between laboratory and field: problem of scale



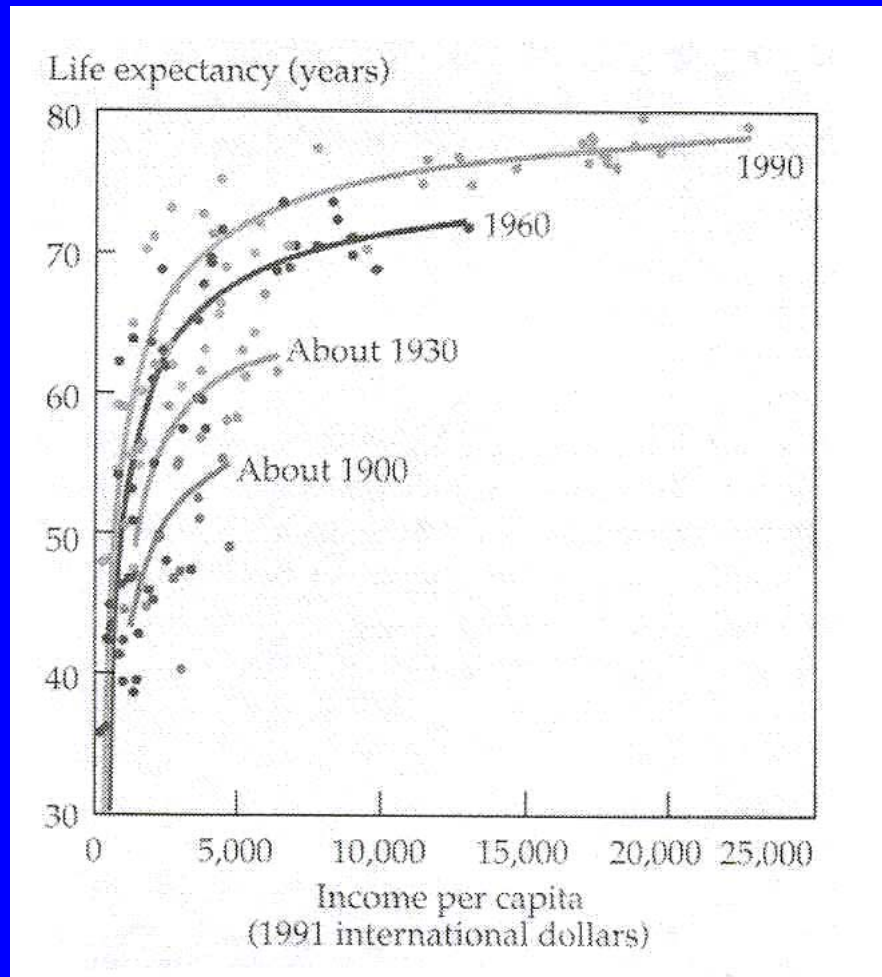
Hypertension and Stroke in the Elderly (SHEP)



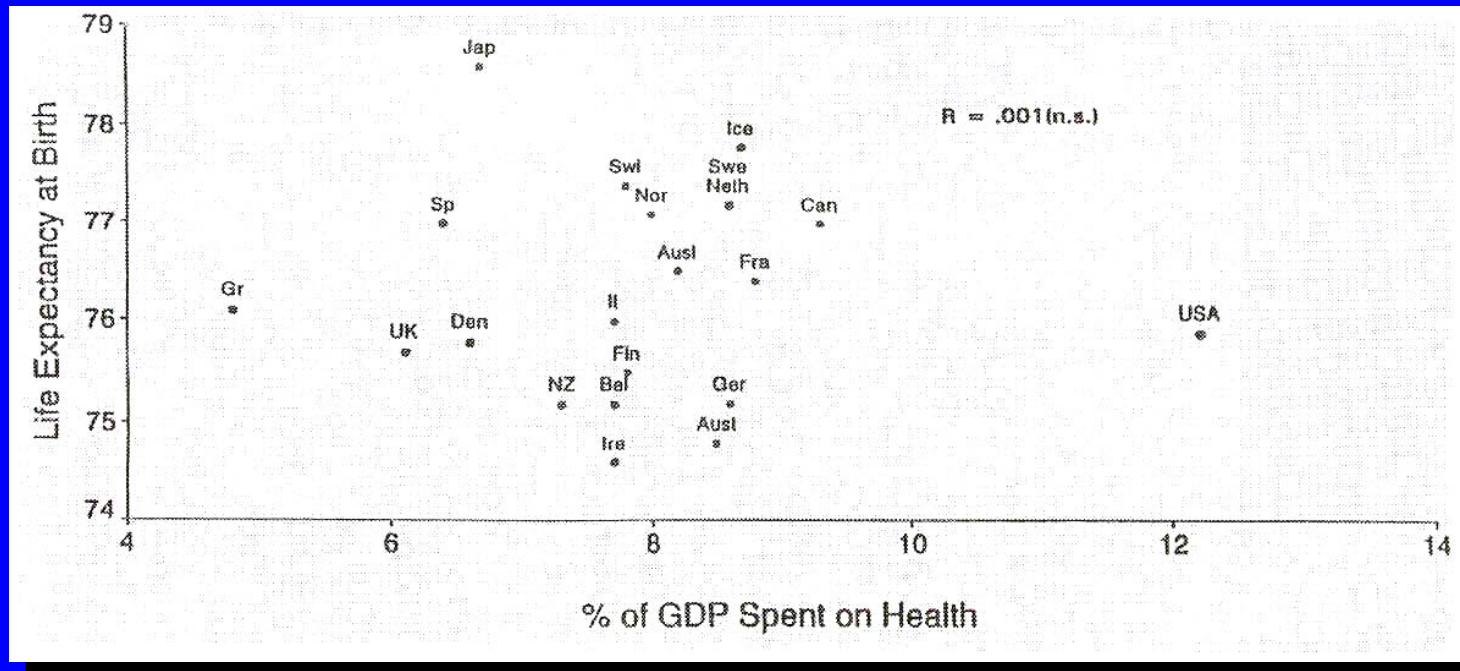
Short-term Memory: Effects of Age and Training

Successful Aging: Prescriptions and Persisting Problems

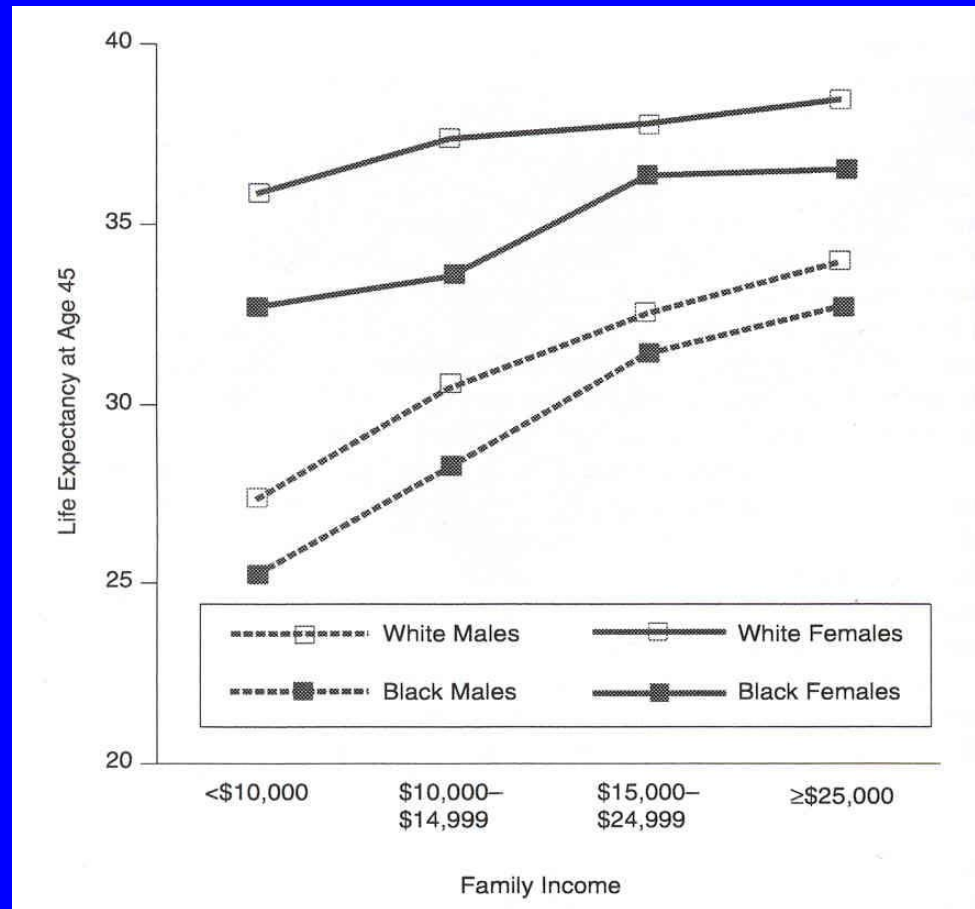
- **Some examples of “gap closing”**
 - **Money helps – up to a point**
 - **A multi-level theoretical model intervention**
 - **The case of tobacco control**



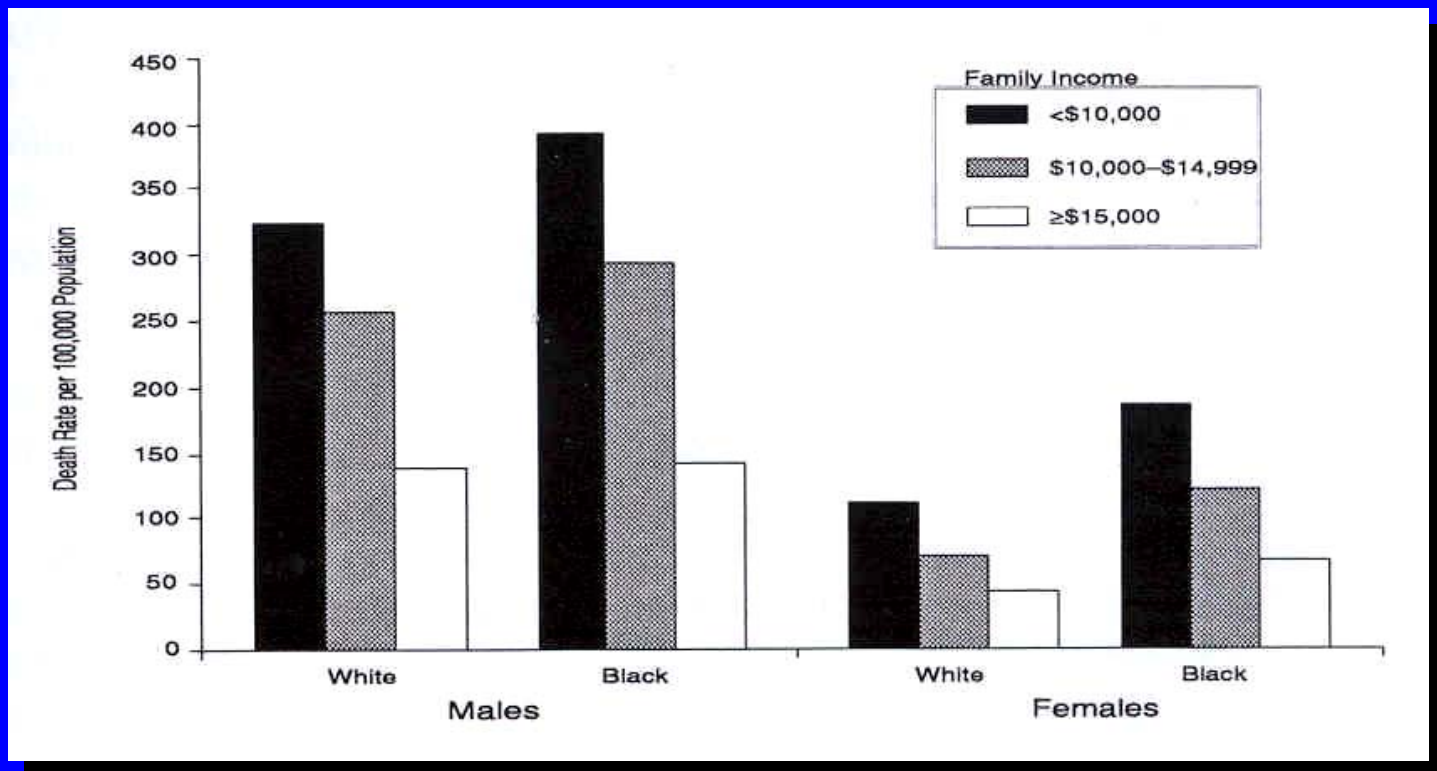
**Life Expectancy and Income,
for Selected Countries and Periods**



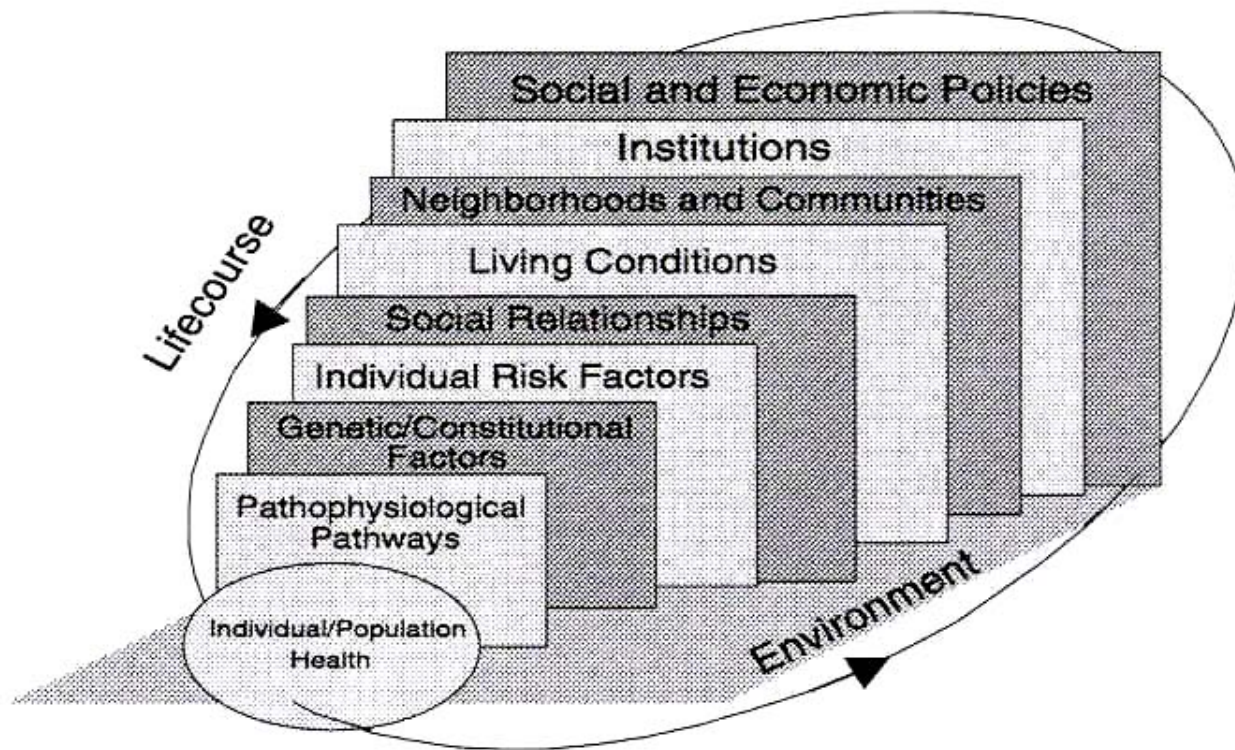
**Life Expectancy and Percentage
of Gross Domestic Product Spent on
Health by OECD Counties**



Life Expectancy at age 45 by Income, Race and Sex, United States, 1979-89



**Heart Disease Death Rate per 100,000
Among Persons Aged 25-64 by Sex,
Race, and Family Income, United States,
1979-89**



A Multi-level Model for Intervention

Successful Aging: Prescriptions and Persisting Problems

➤ Conclusion

- The strategy of clinical trials
- Becoming an experimenting society